



MUSCULOSKELETAL SPECIAL INTEREST GROUP



TRAINING ON SYSTEMATIC REVIEW & META-ANALYSIS, AND RESEARCH ARTICLE WRITING

This course teaches participants how to create systematic reviews and meta-analyses of clinical trials, from defining research questions to publishing research articles. It covers various topics such as trial registration, database search, data extraction, risk of bias assessment, and performing a meta-analysis. Upon completing the course, participants will have the skills to conduct a systematic review and meta-analysis and publish research articles. Some participants may also have the opportunity to create a systematic review for publication with the guidance of the instructors.

SESSION 1: INTRODUCTION TO SYSTEMATIC REVIEW OF EVIDENCE

Learn about evidence-based healthcare, creating systematic review protocols, and key material regarding searching the literature.

SESSION 2: SYSTEMATIC REVIEW OF RANDOMIZED CONTROLLED TRIALS

Learn about databases search after constructing research question, quality appraisal and risk of bias assessment.

SESSION 3: META-ANALYSIS

When and how to conduct a meta-analysis, the use of software for meta-analysis and how to report data.

SESSION 4: WRITING A SYSTEMATIC REVIEW AND META-ANALYSIS PAPER

How to write a structured research paper of systematic review and meta-analysis. Introduce the flow of research paper publication.

SESSION 5: RESEARCH CAREER OF PHYSIOTHERAPISTS

Introduce Doctor of Philosophy (PhD) study and how to apply. The career of physiotherapy researcher and educator.



Mr Christopher Lo
Principal Physiotherapist
Family Care Physiotherapy Clinic

Christopher is a principal physiotherapist with over 15 years of clinical experience in the musculoskeletal field. He is currently an online instructor on Udemy, teaching physiotherapy to over 1000 students worldwide. He has published more than 10 articles on manual therapy in peer-reviewed scientific journals and was awarded a travel bursary by the International Conference of Chinese Rheumatologists for being one of the top 10 overseas abstract submitters in 2021.



Dr Shirley Ngai
Associate Professor
Hong Kong Polytechnic University

Dr Shirley Ngai is an Associate Professor at The Hong Kong Polytechnic University, specializing in Cardiopulmonary Physiotherapy. She is an accomplished educator, researcher, and leader in her field. Her research interests include airway obstructive disease, cardiopulmonary physiotherapy, exercise physiology, and medical simulation. She has received prestigious teaching awards and holds important positions in professional associations, including the Hong Kong Physiotherapy Association and the International Confederation of Cardiorespiratory Physical Therapists (ICCRPT).



Wednesdays, June to July 2023

7 to 830pm

Venue: Online

Participants: Physiotherapists & final year students

SPA-MSK SIG WEBINAR: TRAINING ON SYSTEMATIC REVIEW + META-ANALYSIS AND RESEARCH ARTICLE WRITING

We are grateful to have given the opportunity to conduct a 5-session course alongside Dr Shirley Ngai from the Hong Kong Polytechnic University with the Singapore Physiotherapy Association on the creation of systemic reviews and meta-analysis of clinical trails. Upon completion of the course, participants would be equipped with the necessary skills to conduct systemic reviews, meta-analysis and publish research articles.

OUR NEW OVERSEAS COLLABORATOR

We proudly welcome aboard Ms. Shinobu Oikawa our new overseas collaborator in Tokyo! Now our Singaporean friends who require phenomenal physiotherapy services at Japan may visit her.



WE HAVE MOVED!

After many months of wait, Family Care Physiotherapy Clinic has finally moved to West Coast Plaza. Its prominent position makes it easier to access public transportation and offers better dining options for you to grab a bite after your appointment. Nevertheless, even with the change in location, our service charge remains the same at 180 SGD.

**New address: 154 West Coast Rd 01 - 86 West Coast Plaza
Singapore 127371**



CLINICAL CORNER

Enhancing Recovery: Our Scar Management Approach

At our clinic, surgical rehabilitation is a major service. We go beyond joint and muscle care to but also implement effective scar management to ensure optimal healing and improved mobility of our patients.



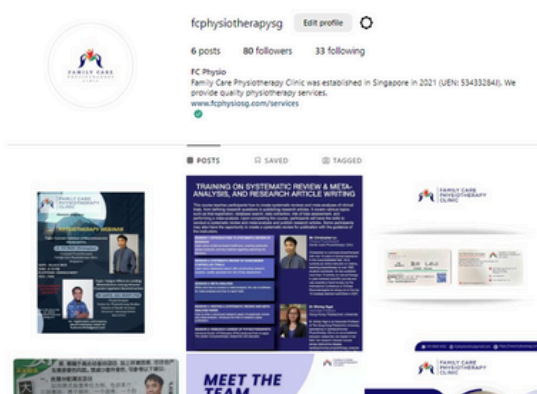
Our team provides vital wound care guidance, monitoring for infection during the crucial first two weeks post-surgery. After four weeks and the wounds are stable, we introduce scar massage techniques to reduce sensitivity and enhance mobility in the surrounding soft tissues. But we don't stop there. ultrasound therapy can further promotes scar tissue extensibility, encouraging collagen remodeling and enhancing flexibility. If indicated, sensory reeducation and nerve mobilization techniques address hypersensitivity, facilitating a more comfortable recovery.

With our holistic approach to scar management, we aim to optimize healing outcomes, reduce discomfort, and enhance overall functional recovery.

INSTAGRAM

@fcphysiotherapysg

Are you following us on Instagram yet ? Our page is the go-to source for the latest updates and behind-the-scenes content. .



ABOUT US



Our Physiotherapy Clinic was established in August 2021 and has been providing physiotherapy services for diverse conditions.

Get in touch with us!



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